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### [Ironman World Champs - Kona, Pre race interview](#)

having a quick chat by the swim start 2 days out from the big dance



### [Road Notes: who is scaring the biest girls on the highway...](#)

One week before the Ironman world championships on Big Island, Hawaii Yvonne van Vlerken, Nicole Leder and Edith Niederfriniger did their la...



### [58-Second Series: Best Run Drill](#)

Overstriding is the most common mistake people make when running. This simple drill will help you have the correct stride and foot placement...

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## [TriCenter: The Curse Of Pele](#)

51 minutes ago *Triathlete.com» Triathlete.com :: Inside the world of Triathlon*

On today's episode of TriCenter from Kona we're keeping you in the know with the latest news from the Big Island, getting Matt Dixon's insight on look at the Curse of Pele with Ironman legend Mark Allen

## [Images Of Mirinda Carfrae's Cannondale Slice Kona Race Bike](#)

2 hours ago *Triathlete.com» Triathlete.com :: Inside the world of Triathlon*

Some pundits say Chrissie Wellington is unbeatable. She has started nine Ironmans and won all nine. There is no doubt that the three-time defe Mirinda Carfrae may be poised to offer the first credible threat to Wellington's dominance since Chrissie won Kona for the first time in

## [Taking on Collins](#)

2 hours ago *IRONMAN.com Top Stories*

How'd you like to be competing in the women's 25-29 age group on Saturday? Sorry, maybe I should rephrase that - how'd you like to be compete athlete Louise Collins on Saturday?

## [Ironmanlife: The Presser](#)

3 hours ago *IRONMAN.com Top Stories*

Sure, we were all there to here from the pros, but three age group athletes almost stole the show at today's press conference.

## [EMT Kona Week 2010: Athlete profile...Luis Alvarez](#)

3 hours ago *EverymanTri.com*

If there ever was an Ironman, Luis Alvarez is the man. Saturday here on the Big Island of Hawaii, Luis will be racing in his 69th Ironman triathlon. his goal is to race 11...

## [EMT Kona Week 2010: Athlete profile...Chris Thomas](#)

4 hours ago [EverymanTri.com](#)

Congrats to Timex Multisport Team member Christopher Thomas for his overall age group win and 9th place overall including the professionals 4:06:36. Bettering his 2009 time by over 4 minutes. If Chris looks...

## [EMT Kona Week 2010: Chrissie Wellington ready to break her own course record](#)

4 hours ago [EverymanTri.com](#)

Chrissie Wellington holds the current Ironman World Championship Kona course record. But the three-time winner isn't happy with the status quo she's fitter, faster and ready to smash her own course record. At...

## [Letters From Kona: How To Beat Chrissie Wellington](#)

4 hours ago [Triathlete.com](#)» [Triathlete.com](#) :: *Inside the world of Triathlon*

Editorial Director T.J. Murphy gives his take on what exactly it will take to beat reigning Ironman World Champion Chrissie Wellington

## [Race Car Driver Tony Kanaan Gets A Bike Fit With Retul](#)

5 hours ago [Triathlete.com](#)» [Triathlete.com](#) :: *Inside the world of Triathlon*

While race car driver Tony Kanaan spends the majority of his time in a car, he uses his free time

## [Dig Me Daily: Wednesday](#)

5 hours ago [Triathlete.com](#)» [Triathlete.com](#) :: *Inside the world of Triathlon*

What went down at Dig Me Beach in Kona, Hawaii on Wednesday? Triathlete.com's Tawnee Prazak tells us in the latest

### Next Event



THE GREAT FLORIDIAN

**CLERMONT, FLORIDA**

Saturday 23 October, 2010

### More Events

**70.3 Austin** [Austin, Texas](#) - 17 Oct 2010

**The Great Floridian** [Clermont, Florida](#)

**SD Tri Challenge** [San Diego California](#)

**70.3 Taiwan** [Kenting](#) - 30 Oct 2010

**70.3 Miami** [Miami, Florida](#) - 30 Oct 2010

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K226 triathlon is a hub of information to help the athlete tired from the riggers of a hard long training day easily navigate and transition through cyber space to find all the latest news, gossip and infomation pertaining to his or her passion. [read more](#) >

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